



The

# GUNFIGHTER

Volume 17, Number 45

366th Fighter Wing, Mountain Home Air Force Base, Idaho

Nov. 10, 2005

## Newsline

### Chief master sergeant selects

Congratulations to the following Gunfighters on their recent selection for promotion to chief master sergeant:

**Michael T. Barrie**, 366th AMXS  
**Joseph A. Livingston**, 366th AMXS

### Veterans Day hours

The Base Exchange, Car Care Center, Food Court, Burger King, Theater, Concessions and Commissary will be open regular hours Veterans Day. Moxie Java and the Barber Shop will open at 9 a.m. and the Laundromat is open 24 hours.

### MSS closure

The Military Personnel Flight, Manpower Office, Family Support Center, Base Education and Training Service Center and Mission Support Squadron Orderly Room will be closed Tuesday from 11:30 a.m. to 1 p.m. for a squadron function.

### ESC gift wrapping

The Enlisted Spouses Club will gift wrap packages for donations in the Base Exchange Lobby from Nov. 25 through Dec. 24. Proceeds will be used to fund welfare projects in the community and on base. The ECS is also looking for volunteers to help run the booth. For more information, e-mail the ESC at [MHAFBEnlistedSpousesClub@msn.com](mailto:MHAFBEnlistedSpousesClub@msn.com) or call Lauri Erickson at 587-0778 or Sandy McMurrey at 832-5278.

### Finance closure

Finance will be closing at 11 a.m. Wednesday for a squadron function.

### Wild West Poker Night

The 391st Fighter Squadron spouses are hosting an Officers' Spouses' Club Wild West Poker Night Nov. 18 at 6 p.m. at the Gunfighter Club. The dinner will cost \$12 for club members and \$15 for non-members. To RSVP, call Yvonne Gardzina at 832-5186 by Wednesday.

### OSC needs volunteers

The Officers' Spouses' Club is decorating the Gunfighter Club for the holiday season. This is a big job and they need volunteers from 9 a.m. to 3 p.m. on Nov. 28 and 29. Any help is appreciated...even if it is for half an hour. No decorating experience necessary. Onsite childcare is available by reservation. For more information, call Andrea Mattern at 587-3522.

### Wrestling Club needs volunteers

The Mountain Man Wrestling Club is looking for volunteers to take over as head coach for the older children's group and younger children's group, as well as tournament director, fund raising program director and co-director of the clubs operation. If interested or for more information, call Kevin Staebler at 580-0627.

### Native American Heritage observance

Wing Leadership representatives will be reading material about Native American Heritage to the Gunfighter children Monday and Nov. 18 beginning at 4 p.m. in the Community Activities Center Ballroom. Bring your children to help support this Native American Heritage Month event.

### FTAC Awards

Congratulations to Airman 1st Class Amy A. MacDonald, 366th Aircraft Maintenance Squadron, who received the First Term Airmen Center's "Sharp Troop" award for being the top performer of Class 06-A.

Congratulations to Airman 1st Class Jacob W. Larson, 366th Aircraft Maintenance Squadron, for receiving the Class 05-U "Gunfighter Pride" award.

## Weekend Weather



**Friday**

Mostly Sunny

High: 54

Low: 34



**Saturday**

Mostly Sunny

High: 56

Low: 39



**Sunday**

Few Showers

High: 55

Low: 36

(Courtesy 366th OSS Weather Flight)

## Phase I prepares deploying members young, not so young

By Senior Airman Sergio Aguirre  
Gunfighter Public Affairs

During a recent phase I exercise, Gunfighters were tasked with preparing to pack up their gear and simulate a deployment in what is now known as the "short notice" deployment scenario where members are given a tasking to fill in over a two week period.

This particular scenario involved deployment to a known area with 30 days worth of intelligence information. Gunfighters walked "the line" with their mobility information and orders as they processed for deployment. Those who had discrepancies in their mobility folders had time to identify and rectify those problems before their simulated flight to the deployed location.

"Overall, I think we achieved our goal of preparing AEF nine and ten members for their deployment," said Maj. Richard McCafferty, 366th Fighter Wing. "I think this has been a learning experience for all involved and we are the better for it."

With a constant operations tempo, most operation forces have a large window of notice to prepare for an upcoming deployment. It is this preparation that ensures a smooth flow once the prepare to deploy order is dropped.

"This was an excellent way for our new folks to become acquainted with how the machine operates," said Major McCafferty. "As they get more familiar with the processes, things will be



Staff Sgt. Jason Bass, 389th Fighter Squadron crew chief, performs maintenance on an F-16 Fighting Falcon strut during exercise Sharpshooter 06-01.

much smoother when the time comes to put this practice to use."

With this exercise running on a two-week window for the first time, the communication hurdle was something everyone was concerned with.

"In the past we've trained for 72 hours," said Major McCafferty. "With this exercise running with a two week notice, communications needed

to be updated."

While things may not have gone completely smooth, Wing Plans and Programs is optimistic about the training that took place and the important preparation which has taken place.

"When the time comes, these men and women will be ready to take the fight to the enemy," said Major McCafferty.

## COMACC outlines command's focus

By 1st Lt. Jason McKernan  
ACC Public Affairs

LANGLEY AIR FORCE BASE, Va. — Gen. Ronald E. Keys, Air Combat Command commander, recently emphasized his commitment to ensuring Airmen are the best led, best equipped and best trained ... so ACC can win today's wars and be ready for tomorrow's.

"We're involved in seven different wars right now — OIF; OEF; ONE; relief for hurricanes Katrina, Rita, and Wilma; and earthquake relief in Pakistan," General Keys said. "That puts a tremendous stress on our people and our organization to make sure we do that quickly, effectively and safely. Our people make us the greatest Air Force in the world, and we need to make sure they are properly trained, motivated, safe and healthy to continue supporting contingency requirements around the world."

His five focus areas — people, expeditionary operations, recapitalization, organization and transformation — are tailored toward ensuring ACC is prepared to successfully accomplish the missions it's called to perform.

"The first area is our people — Airmen of courage, commitment, discipline and honor," General Keys said. "Our people are the motivating force of all the equipment and infrastructure we have."

He said ACC Airmen must understand what they "signed up for" is to go and fight and win America's wars, whenever and wherever called to do so. A "Leader-Wingman" culture that ensures we do it as a team of professionals that are trained and look out for each other is critical for successful and safe operations.

"The mission is important; the mission has inherent risk, but we need to know what they are. We need to balance risk with the mission, and we certainly don't want to take reckless risks," General Keys said. "Good wingmen will never let their leaders do something dumb, and a leader never takes his wingman into a situation he can't survive. We've got to have the courage in many cases to say, 'This is not right' or 'Let's look at how we can do this better' or 'Let's stop and start this over.'"



Gen. Ronald E. Keys, Air Combat Command commander, discusses his focus areas which are designed to ensure ACC Airmen are the best led, best equipped and best trained.

Growing an expeditionary mindset and culture is very important to help Airmen understand their roles in the Air Force, General Keys continued. "We want to fight and win the 'away game' ... we don't want to have to fight the 'home game,'" he said. "That means we are going to pick-up, pack-up, get to where we are going, unpack, plug-in and operate. We need to focus on how we are going to do that in an expeditionary sense."

The expeditionary culture must permeate all aspects of ACC operations, General Keys emphasized.

"Any time we are buying a piece of equipment, or setting up a training program or writing a rule, we need to ask ourselves, 'Will this work on the road?'" General Keys said. "Being expeditionary extends beyond the traditional things like training and equipment — it's more about how we approach everything, our processes, our rules, our training ... everything."

The areas of people and expeditionary operations lead to the commander's focus on recapitalization.

"Recapitalization ensures I can execute tomorrow's mission and the one 30 years from tomorrow," General Keys said. "Our aircraft are old and getting older, and they're requiring more maintenance hours. They're

breaking in unheard-of ways that we are not prepared for, and we also have infrastructure that is becoming increasingly more expensive to maintain."

"We have to look at (the budget) differently and understand what we can stop doing — what we can just walk away from and create the fiscal headroom so we can recapitalize."

General Keys also highlighted how important it is for the command's organizations to be built around the expeditionary mindset.

"We need to ask ourselves, 'Are we organized as we should be for expeditionary and homeland security operations?'" General Keys said. "If we started with a clean sheet of paper, would we have (organizations) like we have them today?"

One of those organizational efforts includes the command headquarters itself, which is reorganizing into a standardized Air Force A-staff structure.

The organization focus also stresses the alignment with Guard, Reserve and active duty forces. "For Future Total Force, there is going to be a much closer alignment between associations of these different units," General Keys said.

General Keys described his fifth focus area of transformation as "a

different way of looking at what you have to do" and looking at a problem from a different perspective.

"In some cases, transformation is as simple as saying, 'No, I'm not doing that anymore — I'm transforming to a different kind of force,'" General Keys said. "Transformation is the thread that runs through all the focus areas, and is an ongoing search for efficiency and effectiveness in different ways of attacking problems."

"If you look back to Afghanistan, we put a young man on a horse in a wooden saddle with a laptop and a laser range finder. He was sending targets up to a B-52 that was dropping GPS-guided bombs," General Keys said. "No one would have thought of putting those systems together unless they had a transformational mindset. We have to think about how we get from where we are to where we want to be."

"When someone comes to me and needs to buy widget X, I ask, 'Does it do it cheaper, faster and better?' For example, if a time-sensitive targeting cycle takes 7 minutes and a \$50 million widget can make the cycle 43 seconds faster, we need to ask if the 43-second difference is necessary — if not, then we need to walk away from it."

Other transformational examples are existing chat room and user-friendly Web-based technologies that can be adapted to the needs of the warfighter. "We need to use existing technology like that and harness it for our needs," General Keys said.

Above all else, General Keys reiterated, it's the people that make America's Air Force the best in the world.

"Our talented people are the ones industry wants — for their ethos, as well as their skills," General Keys said. "Our people understand integrity first, service before self, and excellence in all we do."

"As we continue facing budget challenges, Base Realignment and Closure issues, and the Quadrennial Defense Review, I'm committed to making sure our Airmen have the best leadership, the best equipment, the best capability and the best training when they're called to go into harm's way."

# Lessons learned during deployment

**Lt. Col. Ben Wham**  
366th Civil Engineer Squadron

I had the opportunity this summer to deploy with a number of my 366th Civil Engineer Squadron members and 366th Security Force Squadron Defenders to Ali Base in Southern Iraq. Believe it or not, after 19 years in the Air Force, and even though I have spent more than one-quarter of my career away from my family, this is the first time I have deployed under the AEF process.

Throughout my deployment, I learned a number of valuable lessons which I want to share with you. I am passing these lessons on not as an officer to enlisted or senior member to junior member, but from one Airmen to another in the hope they will help you when you prepare to deploy.

Preparing yourself physically and mentally, as well as your family, is the key to a successful deployment.

**Physically:** Many deployments are to austere locations with extreme weather conditions. The average workweek at a deployed location is six days a week, 10 hours a day. My personal experience is most people work 14-hour workdays and at least half a day on their "day off." Many of the deployed jobs require hard physical labor and the wearing of body armor

for hours on end. The sooner you start hitting the gym and testing out your gear, the better. Showing up unprepared will reduce your effectiveness and could result in physical injury. Make sure you show up "Fit to Fight."

**Family:** Get all your personal affairs in order as soon as possible. If you are married, take your spouse to as many of the appointments as possible to reduce the unknowns and help him or her find the service organizations. Contact someone at your deployed location and have him or her pass on their lessons learned at least two months prior to departing. Simple questions like: what is available at the Base Exchange, what is the easiest way to communicate with family, what is their gym like and what do they do for recreation, will make your planning much simpler. Lay out a plan on how and when you will communicate with your family. Setting up times will help mark the passage of the days and give everyone something to look forward to. Most locations have a pre-deployment guide that discusses policies, services and facilities. Get a copy and review it with your family.

Whether you are married or not, it is also a good idea to share this information with your parents and close family members. It will help them connect with you and reduce their anxiety. Take e-mail addresses and phone numbers for family members and as soon as possible after you arrive, contact them and let them

know that you arrived safely and what your location is like. Take a camera with you to record your time there. The better your family connects with you, the more comfortable you and they will be with the deployment.

**Mentally:** Don't get sucked into the myth that all that happens at a deployed location is bad. Your service contributes to the freedom of others and you should take great satisfaction and pride in that. I found the best defense was to set up a personal plan for the deployment. Even with all those long hours, you will still find you have a lot of time on your hands. Create your personal goals before you deploy, such as take a couple CLEP tests, finish your CDCs or PME, drop your run times, or lose a few pounds. As soon as you get settled, start acting on your plan and tracking your progress on a weekly basis.

There are many more things that I could list and this is by no means a complete and total list. The parting thought I would leave you with is, when in doubt ask someone. Your fellow Airmen have many great lessons and experiences they can share as well; take advantage of their knowledge.

Good luck in preparing for your memorable deployment and thanks for your service to our nation and the world's best Air Force!

## Commander's Hotline



Col. Charles Shugg

This Hotline is your direct line to me. It's your opportunity to make Mountain Home Air Force Base a better place to live and work. I review every response to Hotline questions, but functional experts prepare most responses. If possible, you should first contact the organization responsible for the problem or function. Your first sergeants, commanders and agency chiefs want to help, so please let them try.

If you do not know how to proceed or if you have already tried your chain of command, then do not hesitate to contact the commander's hotline at 828- 6262 or e-mail CommandersHotline@mountainhome.af.mil.

Not all Hotlines are published, but if you leave your name and phone number or e-mail address, I will make sure you get a reply.

Col. Charles Shugg  
366th Fighter Wing commander

## New SECAF sends 'Letter to Airmen'

The following is a "Letter to Airmen" from Secretary of the Air Force Michael W. Wynne:

"It is an honor to serve as Secretary of the Air Force, and I look forward to working alongside you in keeping our Nation safe. Because of your dedication, skill, and sacrifice, the U.S. Air Force gives an incredible array of options to the President - whether it is taking the fight to the enemy or providing humanitarian assistance to those in the wake of natural disasters. As individuals you are each a national asset and essential to accomplishing the Air Force's mission. As a seamless team, we are able to overcome any challenge.

In the past 14 years, the Air Force team has proven its mettle and skill every day. Since the days of Desert Shield and Desert Storm, our Air Force has been globally and continuously engaged in war. We must continue to show the same resolve and determination, in the Global War on Terror. It will be a long war, but one we will win.

Together, let's affirm that today's Air Force is Joint, has a clear mission, and a set of goals to spur continued success. We have a leadership team consisting

of the Chief of Staff, General Mike Moseley, Under Secretary Dr. Ron Sega, Vice Chief General John Corley, and the Chief Master Sergeant of the Air Force Gerald Murray that has my total confidence as we together set the standard for performance within the larger Defense Family.

The core values: Integrity First, Service Before Self, and Excellence in All We Do should continue to be internalized throughout the Future Total Force, and in our industry partners that we rely on for support. With these values translated into steady and unwavering resolve and actions, our Air Force will live up to the expectations of the Nation.

Now, some personal viewpoints. I see the MISSION of the Air Force as:

Deliver Sovereign Options for the defense of the United States of America, and its global interests - In air, space and cyberspace.

To do this, the Air Force must:

1. Prepare for and Participate in the Joint Fight, Anywhere, Anytime
2. Develop, Maintain, and Sustain the Warfighter Edge
3. Provide Motivated, Ethical, Accountable Air Force Warriors

Our GOALS in support of these mission elements include:

- Foster Mutual Respect and Integrity

This applies across the entire Future Total Force, and asks that each of us be accountable to this standard.

- Sustain Air Space and Cyberspace Capability

This applies to Human Assets, fostering Professional and Advanced Education as well as addressing the continuing aging and obsolescence of our equipment.

- Provide Persistent Situation Awareness

This applies to the Battlefield, and Airspace, and also extends to Cyberspace, Maintenance, Logistics, and Business. Knowledge Enabled actions are better.

- Joint and Battle Ready Trained Airmen

We must train as we fight, and that will be Joint. We must be as ready to be in firefights in all of our Battle Areas, and in support of our Joint Partners.

- Continue to improve the Total Force Quality of Life

While maintaining clear military goals, improving quality of life allows mission focus. Fostering Mutual Respect and support is the cornerstone.

- Open, Transparent Business Practices, Clean Audit

Provide the ability and oversight

where we are recognized as the Best in Class in business and management operations, throughout the Total Air Force.

- Foster Lean Processes across the Total Air Force

Lean is about Highest Quality, and Husbanding Resources; from completing BRAC actions, to flight line operations, and inventory. We all can contribute.

In Summary: Knowledge Enabled Actions with an Accountable Airmen Ethic

Together with General Moseley and other senior leaders, I will work hard to address these issues and to ensure you have the tools you need. Meanwhile, I have no doubt that you will continue to keep America's Air Force the greatest air, space, and cyberspace force in history, and an important part of the joint team defending our Country.

Thanks to all of you currently serving in our nearly 700,000 strong Active, Reserve, Guard and civilians as well as my predecessors in the role of secretary and acting secretary for providing to our Air Force the best in terms of leadership and service to our nation. As I cross back into the blue, I am forever grateful."

## Awards

	As of Dec. 2004	As of this week
Air Force	5	9
ACC	26	37
12th Air Force	3	4

## Last DUI:

366th Aircraft Maintenance Squadron

Days without a DUI:

14

AADD made 86 saves in October, 1109 in 2005

(Courtesy AADD)



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## Take time to pause and remember our veterans

**By Gen. Bruce Carlson**  
Air Force Materiel Command

Today we call it Veterans Day. In years past it was called Armistice Day. But regardless of how we label it, it remains a day on which we pause to pay tribute to the Airmen, Soldiers, Sailors, Marines and Coast Guardsmen who have served our country. By taking time to remember, we honor those who have made, and continue to make, sacrifices for our country.

Freedom has never come free of cost. For those who have put their lives on the line for our country, freedom has a special meaning that most people never know.

Ask a veteran who stormed Omaha Beach in World War II, who almost froze on Korea's Chosin Reservoir, who sloggled through the steaming Mekong Delta in Vietnam or who is still fighting Al-Qaeda in Afghanistan and Iraq. These people know the meaning of freedom.

Since World War II, some 26 million Americans have patrolled the skies, guarded our shores and served on the flightlines, front lines and supply lines. Right now, Airmen, including many from AFMC, are on alert around the clock on the Korean Peninsula, or taking the fight to the enemy in the 100-plus degree temperatures of the Middle East.

The U.S. Air Force flies an average of 150 sorties a day over Iraq and 75 a day over Afghanistan - sorties made possible by the AFMC military and civilian Airmen who deliver our warfighting capabilities on time and on cost.

But our Airmen's contributions are not limited to the battlefield. They are continually participating in many humanitarian efforts. The Air Force delivered more than 17,000 tons of supplies for victims of hurricanes Katrina and Rita. Our Airmen have flown nearly 50,000 evacuees to safety and aeromedical evacuation teams airlifted thousands to treatment facilities. Our pararescuemen rescued more than

6,500 in the aftermath of those devastating storms.

As this year marks the 60th anniversary of the end of World War II, fewer of the "greatest generation" remain. But because of those veterans' past, we are free. And because of veterans present and future, we'll remain free.

Please join me this Veterans Day as we pause, remember and say thank you.

## Veterans Day Open House

Friday 7 to 10 p.m.

Saturday 10 a.m. to 4 p.m.

At the Idaho Military History Museum located at 4748 Lindbergh, Gowen Field in Boise.

Ever wished YOU could fire a Civil War Cannon?

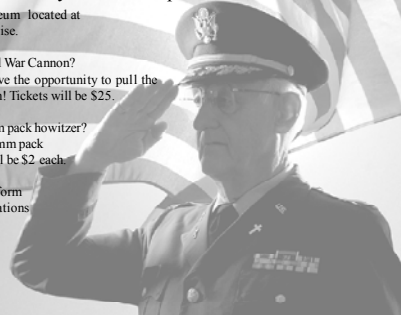
On Friday and Saturday, you'll have the opportunity to pull the lanyard and fire a Civil War cannon! Tickets will be \$25.

Ever wished YOU could fire a 75mm pack howitzer?

We will rifle one shot from the 75mm pack howitzer Saturday only. Tickets will be \$2 each.

Idaho Civil War Volunteers will perform Cannon and Rifle Firing Demonstrations both days.

WWII Reenactors Group will perform Howitzer and U.S. German Weapons Firing Demonstrations both days.





# Gunfighter proud of her heritage year round

By Capt. Mike Chillstrom  
Gunfighter Public Affairs

When the 507th Maintenance Company's convoy was ambushed near Nasiriyah, Iraq, in March 2003, 11 soldiers were killed and five were taken prisoner of war, including Army Pfc. Jessica Lynch. Her subsequent rescue became one of the biggest stories of Operation Iraqi Freedom.

The attack that killed 11 of Pfc. Lynch's fellow soldiers resulted in another monumental headline, although it never received the same level of attention. Pfc. Lynch's closest friend, Pfc. Lori Pietsewa from Tuba City, Ariz., died in the attack, becoming the first Native American female ever killed in combat on foreign soil.

"When I heard about that, I was already in the military and that news really stuck to me," said Senior Airman Rebecca Cordova. "That was big."

Airman Cordova is one-quarter Hopi Indian, the same tribe as Pfc. Pietsewa. Their Hopi heritage and commitment to serving their

country is a testament to the fact that Native Americans have played, and continue to play, a significant role in the U.S. military.

The Hopi are one of the smallest remaining Native American tribes. "Hopi" means good, peaceful or wise. Hopis even refer to themselves as "Hopitu" – the peaceful people.

"A lot of people ask me if I'm Mexican," said Airman Cordova, dental assistant with the 366th Aeromedical Dental Squadron, "I always tell them that I'm Native American. I'm part Irish, German and a bunch of others, but percentage wise, the biggest part of me is Native American."

Airman Cordova grew up with her immediate family in the outskirts of Los Angeles and enjoyed the same modern-day comforts as many Americans. Her three-and-a-half year Air Force career took her to Spangdahlem Air Base, Germany, before bringing her to Idaho, where she's been stationed for a year. She and her husband, Senior Airman Richard Cordova Jr., 726th Air Control Squadron, have a three-month-old girl, Ayiana.

Her story is unlike that of many of her other relatives who still live in Arizona's Monekupreservation. There, many people, including her grandma, a full-blooded Hopi, and her great uncle, the chief of the tribe, maintain a lifestyle where not everything can be done with a faucet, switch or button.

"Reservations that they [Hopis] were allotted to live on are totally dry land," Airman Cordova said. "The reservation where my family lives has no running water, they still have holes in the ground and they still carry their water. But they don't think that they're poor because that's their culture. Many of the people there are actually fighting to keep out running water and sewage lines. To them, it's meant to be living off the land and they want to keep it authentic."

Living off the land has always been a Hopi point of pride. In fact, some historians have dubbed Hopis the "world's greatest dry-farmers" because of their agricultural successes in some of the driest parts of Arizona.

Hopi families, or tribes, are responsible for what they are named after. A "corn tribe" is responsible for farming corn. A "death tribe" is responsible for properly taking care of the deceased. In Airman Cordova's case, her family is the "tobacco tribe," so they farm tobacco. Similarly, she is also named after the tobacco plant. Her Hopi name is "Bavisemana," which means "white flower" (the new white flower that grows on a tobacco plant).

Having survived in such an extreme environment for generations, the Hopi culture is steeped in tradition. Many of their traditional ceremonies are still held annually on a part of the reservation where only Hopis may go. Tourists cannot attend a



Senior Airman Rebecca Cordova is one-quarter Hopi Indian. "I would love to go back anytime, especially because I have a daughter now," Airman Cordova said. "I would like her to see a ceremony. If you see it once, you'll never forget it."

ceremony because it's very private and spiritual, Airman Cordova said.

"The ceremony area is where they still have the pueblos (mud houses) with straw roofs," Airman Cordova. "It's everything that you would imagine."

In the Christmas ceremony, which is essentially a large parade of people, Hopi adults dress up as life-size Kachina dolls – dolls that they believe represent the Gods – and give gifts to their children. Boys often receive a bow and arrow set; girls usually get small Kachina dolls and rattles.

"What I didn't know until I grew up is that your relatives make the gifts, give them to the Kachina dolls, and then the Kachina dolls give them to you. But you don't know that – you just think you're getting a gift (directly from the Gods)," she said.

Airman Cordova said tracing her ancestral roots through the Internet or family records is difficult because "nothing is written down; everything is verbal." From the genealogy that does exist, she believes she is the first in her family to join the military.

At the Dental Clinic, Airman Cordova is responsible for working the front desk, starting IVs, assisting with oral surgeries, and setting up and cleaning exam rooms. Although she doesn't do a lot to outwardly display her heritage, she said, "My co-workers know I'm Indian – I'm pretty clear about it."

For many on base, Native American Heritage Month is a month-long observation period and opportunity to learn more about others. For Airman Cordova, it's just another month because she proudly said, "I'm Indian all year round."

## Hopi Soldier is first Native American female killed in foreign combat

Army Pfc. Lori Pietsewa, best friend of former POW Pfc. Jessica Lynch, became the first Native American woman killed in foreign combat when their 507th Maintenance Company convoy was ambushed in March 2003 near Nasiriyah, Iraq.

While in Iraq, Pfc. Pietsewa told Pfc. Lynch that her dream was to build her parents a house they could live in after they retired. Pfc. Pietsewa's parents were left to care for their two grandchildren when she died.

Producers from ABC's "Extreme Makeover: Home Edition" brought Pfc. Lynch to Tuba City, Ariz., as they built a new home for Pietsewa's family, making Pfc. Pietsewa's dream become a reality.

The home featured many state-of-the-art amenities and armor dedicated to memorializing Pfc. Pietsewa's service and sacrifice to her country.

The project was co-sponsored by the Hopi, Navajo and San Miguel Band of Mission Indians. "Extreme Makeover" crew also built a veterans community center in Tuba City. The Hopi tribe, like many of its neighboring tribes, has a rich history of military service.

Pfc. Pietsewa was posthumously promoted to Specialist by the Army.  
(Some information courtesy of ABC, U.S. Army, and Arizona Central)

# Kicking the nicotine fit, living healthier lifestyle

Senior Airman Brian Stives  
Gunfighter Public Affairs

Not long ago, nonsmoking airplane passengers had no choice but to breathe clouds of smoke as other passengers lit up cigarettes in the next row, restaurant patrons inhaled tobacco smoke along with their meals and many employees had to breathe air polluted with second-hand smoke. This casual acceptance of smoking was the norm when the American Cancer Society's "Great American Smokeout" went nationwide more than 25 years ago in November 1977.

The quarter century since has marked dramatic changes in the way society views tobacco promotion and tobacco use. Many public places and work areas are now smoke-free, which protects nonsmokers and supports smokers who want to quit.

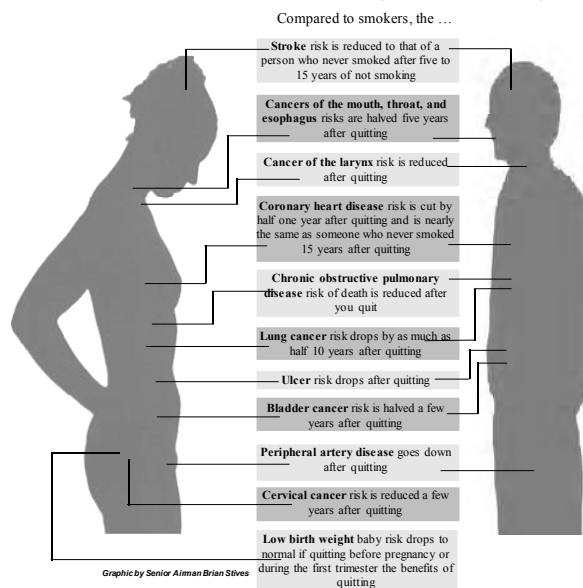
This year, millions of Americans will smoke less or quit for the day Nov. 17 during the Great American Smokeout. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good.

"The idea is that one day without nicotine is the first step in quitting one of the most addictive habits known," said Dave Pederson, 366th Aeromedical Dental Squadron Health and Wellness Center director.

Today, an estimated 48 million adults smoke. Tobacco use can cause lung cancer, as well as other cancers, heart disease and respiratory disease. Smoking is responsible for one in three cancer deaths and one in five deaths from all causes. Another 8.6 million people are living with serious illnesses caused by smoking.

"Despite the hard evidence of the hazards, many people continue to smoke," said Mr. Pederson. "Hundreds of thousands of people die each year of lung cancer, emphysema, cardiovascular disease and many other problems directly linked to smoking. Some doctors have estimated that, on average, a pack per day for 50 years is all that the respiratory system can take, and can-

## Benefits of quitting smoking



cer and emphysema are virtually assured.

Fortunately, the last 25 years have seen tremendous strides in changing attitudes about smoking, understanding the addiction and learning how to help people quit.

"No one started smoking with the intent of becoming an addict," said Mr. Pederson. "Smoking has been a part of our culture and many people

started because of their friends or they wanted to be 'grown up' and part of a lifestyle where smoking was important. At some point, most smokers realize they would have been better off not smoking and decide to quit."

With deployments currently high in the military, many people are unaware of the dangers smoking can present or even problems associ-

ated with stopping suddenly while downrange.

"Nicotine addiction adversely impacts readiness and the military's mission," said Mr. Pederson. "Nicotine withdrawal decreases the tolerance to stress and the ability to concentrate, while increasing personal irritability and disturbing the sleep cycle needed for optimal performance."

Research shows that smokers are most successful in kicking the habit when they have some means of support, such as nicotine replacement products, counseling, prescription medicine to lessen cravings, guide books and the encouragement of friends and family members. Because of this, Mountain Home Air Force Base and other Air Combat Command bases have partnered up with the American Lung Association to make the Tobacco Cessation Program easier to access.

"Our doctors and healthcare team can help all smokers successfully quit," said Mr. Pederson. "While simple brief advice may help a small, but significant, number of smokers, we know that through the use of additional counseling, positive social support, stress management, nutritional counseling, nicotine replacement therapy and anti-craving drugs, we can help a far greater number of people. All these options are currently available through our medical treatment facilities and health promotion programs."

The current program has allowed 700 Gunfighters and other beneficiaries to access the program since January, compared to a yearly average of 100 before the program was implemented, and has a success rate of 30 percent compared to 14 percent in the civilian world.

"The average person tries to quit smoking five times before they are successful," said Mr. Pederson. "This new program allows them to talk to a certified nurse or a respiratory therapist on a weekly basis, and offers the same support as the old program, just without the class time."

Millions of people have quit smoking since the first Great American Smokeout, join them this year and stop by the HAWC to pick up a "Commit to Quit" kit to help make today the first day of a smoke-free life.

## Helping a smoker quit: do's and don'ts

### General hints

Do respect that the quitter is in charge. This is their lifestyle change and their challenge - not yours.

Do ask the person whether they want a call or visit regularly to see how they are doing. Let the

person know it's okay to call whenever they need to hear encouraging words.

Do help the quitter get what they need - tobacco substitutes like hard candy, straws to chew on, etc.

Do spend time doing things with the quitter to keep their mind off smoking - go to the movies, take a walk to get past a craving (what many call a "nicotine fit"). Do help the quitter with a few chores, some child care, cooking, whatever will help lighten the stress of quitting.

Do celebrate along the way - quitting smoking is a BIG DEAL!

Don't take their grumpiness personally during the nicotine withdrawal. The symptoms will pass in about

two weeks.

Don't offer advice. Just ask how to help with their plan or program.

### If the smoker relapses

Research shows that most people try to quit smoking five to seven times before they are successful. Don't give up your efforts to encourage and support them. If the person fails to quit:

Do praise them for trying to quit, and for whatever length of time (days, weeks or months) of not smoking.

Do encourage them to try again. Don't say, "If you try again." Say, "When you try again." Studies show that most people who don't succeed in quitting are

ready to try again in the near future.

Do encourage them to learn from the attempt. Things a person learns from a failed attempt to quit may help them be successful in a future attempt.

### If you are a smoker

Do smoke outside and always away from the quitter.

Do keep your cigarettes and matches out of sight. They might be triggers to smoke.

Don't ever offer the quitter a smoke, even in jest! Do make an effort to quit. It's better for your health and may be easier to do with someone else who is trying to quit.

# Wynne sworn in as 21st secretary of AF

U.S. AIR FORCE ACADEMY, Colo. - Michael W. Wynne was sworn in Nov. 3 in front of 4,200 U.S. Air Force Academy cadets, during their noon meal, as the 21st secretary of the Air Force.

In this role, he is responsible for the affairs of the Department of the Air Force, including organizing, training, equipping and providing for the welfare of its nearly 370,000 men and women on active duty, 180,000 members of the Air National Guard and the Air Force Reserve, 160,000 civilians and their families.

As head of the Department of the Air Force, Secretary Wynne is responsible for its functioning and efficiency, the formulation of its policies and programs, and the timely implementation of decisions and instructions of the president of the United States and the secretary of defense.

Mr. Wynne replaces Pete Geren, who has served as the acting secretary of the Air Force since July 29.

"I am grateful for the opportunity to serve alongside America's Airmen and their joint service partners to keep our

nation safe," Secretary Wynne said. "With their dedication, skill and sacrifice, they offer an incredible array of options to the president and the nation - from taking the fight to the enemy, providing strategic intelligence to the joint force, or providing humanitarian assistance at home and internationally in the wake of natural disasters."

Prior to appointment, Secretary Wynne served in the Department of Defense as the principal deputy under secretary of defense for acquisition, technology and logistics.

Mr. Wynne served in the Air Force for seven years, ending his service as a captain and assistant professor of astronautics at the U.S. Air Force Academy.

Mr. Wynne graduated from the United States Military Academy and also holds a masters' in electrical engineering from the Air Force Institute of Technology and a masters' in business from the University of Colorado. (Courtesy Air Force Print News)



Secretary of the Air Force, Michael W. Wynne, takes the oath of office from Pete Geren during his swearing-in ceremony today at Mitchell Hall at the U.S. Air Force Academy, Colo. Mr. Geren has been the acting SECAF since July 29. Photo by Charley Starr

## Operation Ruthless Raven: OSI cracks down on drug smugglers

By Master Sgt. Carolyn Gwathmey  
Headquarters Air Force Office of Special Investigations

ANDREWS AIR FORCE BASE, Md. - The Air Force Office of Special Investigations is heading up Operation Ruthless Raven, a joint task force to combat drug smuggling.

Ruthless Raven Task Force goals are to identify vulnerabilities in the Air Force transportation and mail systems and to leverage internal and external capabilities to counter the threat of drug smuggling.

The task force, requested by the Air Force chief of staff, has two components: an internal Air Force element and a joint element comprised of Air Force, Department of Defense and other federal law enforcement agencies.

The Air Force element has representatives from OSI, security forces, Air Force Reserve Command, Air National Guard and other functional experts.

The joint element includes the Naval Criminal Investigations Service, Army Criminal Investigations Division, U.S. Coast Guard, Customs and Border Protection, Im-

migrations and Customs Enforcement, Drug Enforcement Agency and U.S. Postal inspectors.

The task force works with Air Mobility Command and U.S. Transportation Command to identify high-risk target areas. It identifies overseas locations where narcotics are readily available and matches them up with the numbers of military aircraft transiting those locations. Once that data is compiled, the task force analyzes the results, determines the target areas and selects flights to be inspected.

"We focused the bulk of our efforts on these target areas," said Colonel Edward Hagerty, OSI's Ruthless Raven Task Force commander. "We need to use our resources judiciously and try to direct our efforts to the areas we think will be most fruitful."

OSI agents at seven CONUS bases, supported by security forces as well as agents from numerous federal and local law enforcement agencies, conducted inspections of carefully targeted aircraft arriving from overseas locations during October. U.S. Customs people seized several items of contraband,

but no narcotics were found.

"That doesn't mean we can afford to take our eye off the ball with this," said OSI Commander Col. Dana Simmons. "That's why the next phase of sustained random inspections will be an important contribution to keeping our Air Force drug free."

Several incidents in the past year have brought a need to focus more attention on drug smuggling to the forefront. Two events stand out: Thirty-five pounds of cocaine was discovered aboard a C-17 Globemaster III based out of Charleston, S.C., that was en route from Colombia to Texas, and a C-5 Galaxy from Stewart Air National Guard in N.Y., arrived home from Germany with 290,000 tabs of ecstasy.

Drug smugglers are also using the mailing system. For example, U.S. Postal inspectors in Florida intercepted a package with Ketamine, a narcotic, en route to Kunsan Air Base, Korea. In another case, Japanese customs officials intercepted a package from Mississippi to Yokota AB, Japan, containing 40 grams of marijuana.

"In the wake of 9-11, we and other investigative units focused

more intently on our counterintelligence and antiterrorism mission," Colonel Hagerty said. "While this focus was necessary, it also provided opportunities for things like this to happen. Still, we can't drop what we're doing in the force protection arena and focus all of our attention on drug smuggling. We do, however, need to strike a balance between the two missions."

Along with inspections, another component of the task force's efforts will involve education. The educational aspect of this campaign will be widespread. Not only will bases receive the education needed to detect and deter, but OSI also plans to begin widespread random inspections throughout the Air Force.

Operation Ruthless Raven will also target those using the military postal service for illegal drug smuggling.

"We have amazing technology that can readily disclose the presence of narcotics in sealed packages," said Special Agent Bernard Rich, OSI drug program manager. "We also have an incredible low-tech capability in the form of drug dogs that can sniff out even the most cleverly disguised narcotics."



Staff Sgt. Tony Dypkowski uses a concrete saw to repair the runway at Bagram Air Base, Afghanistan. In the last two months, a nine-person spall repair team has made more than 200 repairs to sustain more than 3,000 operations each week in support of Operation Enduring Freedom. Photo by Capt. James H. Cunningham

## Afghanistan's busiest runway undergoes repairs

By Capt. James H. Cunningham  
455th Air Expeditionary Wing

BAGRAM AIR BASE, Afghanistan - Age, weather and more than 3,000 operations every week take their toll on the busiest runway in Afghanistan.

Without a continual effort to repair the runway here, the mission would virtually come to a halt.

A nine-man spall-repair team from the 455th Expeditionary Civil Engineer Squadron spends more than two hours every day maintaining the runway. A spall is a shallow break in the concrete, usually found along a joint.

"We've made more than 200 repairs in the last two months," said Tech. Sgt. Jason Benbrook, the noncommissioned officer in charge of airfield maintenance who's deployed here from Andersen Air Force Base, Guam. "This is an ongoing effort to support the mission until the new runway is completed."

"The 455th ECES airfield repair team mission is critical to our operations at Bagram. Without constant runway repair, Bagram flight operations will stop within a few days or risk significant damage to fixed-wing aircraft," said Lt. Col. Mark Danigole, 455th Expeditionary Operations Group deputy commander. "Without their tremendous effort, Bagram drops from 140,000 operations a year - three times the rate at Ramstein Air Base, Germany - and becomes little more than a huge parking lot."

The team must overcome the challenge of timing all repairs between arriving and departing flights.

To make a repair, Airmen saw a square around the spall, jackhammer away the bad concrete, vacuum up the debris, then fill the hole with a quick-drying mortar mix. Within 30 minutes, the repair is dried and ready for aircraft to land on.

Bagram's runway supports combat and humanitarian missions. The repairs keep the spall's loose debris from damaging aircraft engines or tires.

"What we do has a direct impact on the mission," said Staff Sgt. Brady Dryden, NCOIC of the spall repair crew. "Without us, the aircraft couldn't do their job. It makes us feel like we're part of what's going on here at Bagram."

## Postal agency offers advice for holiday mail

By Samantha L. Quigley  
American Forces Press Service

WASHINGTON - "Pack it well" and "mail it early" are two tips a military postal official offered today for holiday mail being sent to servicemembers overseas.

The Defense Department announced recommended holiday mail dates Oct. 31. The first deadline occurs Saturday for parcel post items headed overseas to APO and FPO ZIP codes. Deadlines for other mail classes continue with Nov. 26 for apace-available mail; Dec. 3, parcel-airlift mail; Dec. 10, priority mail and Dec. 19, express mail.

Mark J. DeDomenic recommends using nylon tape or reinforced packing tape on packages because other tapes tend to come off. Mr. DeDomenic is the assistant deputy director of the Military Postal Service Agency.

Any buzzing, ticking or vibrating items will be "red flagged," Mr. DeDomenic said. So to keep a package from getting bomb-squad attention, Mr. DeDomenic advises removing batteries from electronics.

Fill out customs labels completely and use a proper military address to help move the package through the system. If there's concern the content list on the customs label will give away a surprise, Mr. DeDomenic said to place the form inside the package. Customers should then attach a label outside of the package noting the

### Holiday postal dates to remember:

**Sunday** - Parcel post items headed overseas to APO and to FPO Zip codes.

**Nov. 26** - Deadline for space available mail.

**Dec. 3** - Deadline for parcel-airlift mail.

**Dec. 10** - Deadline for priority mail.

**Dec. 19** - Deadline for express mail.

form is inside.

Customers should also be conscious of the box's markings. Regardless of the contents, boxes with hazardous substance or alcohol markings won't make it through the system, he said.

Boxes used to ship gifts should be strong and well-packed because of the long distances traveled and the high volume of parcels moving with them, Mr. DeDomenic said.

He said in the 2004 holiday season, his agency moved more than 28 million pounds of mail between Dec. 1 and 25.

"The mail volumes last (holiday season) were 52 percent more than the volumes the year before," Mr. DeDomenic said.

By comparison, roughly 5 million pounds of mail move through the agency in a month. The agency defines the holiday mailing season as Nov. 15 through Jan. 10.

Mr. DeDomenic said those who may not personally know a servicemember overseas, but want to share the holiday spirit, should visit the AmericaSupportsYou.mil Web site.

"That provides information on how you can support the troops even if you don't have (a servicemember) that is a family member or close relative," he said.

The site lists hundreds of organizations that offer ways the general public can support the troops. Several involve sending greeting cards or packages through these organizations. However, for force-security reasons, packages addressed to "Any Servicemember" will not be shipped, Mr. DeDomenic said.

In the past, express mail for last-minute shipments relied on a thank-you note from the recipient to verify delivery, but the system has improved this year, he said.

Express mail tracking is available through the U.S. Postal Service Web site, as long as the mail is not going to a combat zone, Mr. DeDomenic said.

# It's cold, wet, time for flu shot

By Senior Airman Sergio Aguirre  
Gunfighter Public Affairs

While recent news has highlighted the extreme importance of vaccinations, many people will go untreated this flu season due to lack of knowledge.

"The flu vaccines are mandatory for active duty members and are recommended for dependants," said Master Sgt. William Cisna, 366th Medical Group, NCOIC of Medicine Flight. "People with low immune systems and the elderly are those who should get the shot as soon as possible."

Influenza, also known as the flu, is caused by a virus that infects a person's respiratory tract and can cause many severe, life threatening complications. Due to its severity, vaccination is critical in those most likely to have serious complications if they contract the virus. The young and the old are most at risk of catching the flu and coming down with serious complications such as sinus problems and ear infections.

For those 65 years of age or older that have other serious conditions, catching the

flu can sometimes cause death. According to the Centers for Disease Control more than 36,000 people die each year from the flu and its related complications.

It's this reason that the flu season is a critical time in ensuring at risk members get vaccinated for the current strain of the flu. The peak of the flu season is generally from late December through March.

"We are expecting to get the vaccine soon and will begin administering these shots out in the squadrons as soon as possible," said Sergeant Cisna. "We have been working with the unit deployment managers to coordinate the distribution."

While there have been shortages in the past steps have been taken to ensure those at risk get the vaccine first. All other members will be vaccinated after them.

"This year we are expecting to receive more than enough vaccine to handle demand on base," said Sergeant Cisna. "In the off chance that we run out will we be able to order more vaccine to handle the entire base and then some."

Vaccines come in two general types. The 'shot' or injection is usually administered by needle most often in the arm.

There is also the nasal-spray vaccine, also known as the Live Attenuated Influenza Vaccine, which was approved in 2003. The spray is considered safe for everyone between the ages of 5 and 49 who are considered healthy. Each method of vaccination is effective and both build antibodies which provide the protection against the flu virus.

Although vaccination can prevent getting a serious case of the virus it takes two weeks before the vaccination can build up the antibodies to provide protection.

"People should take safety precautions during the flu season," said Sergeant Cisna. "Wash your hands, stay away from infected people and get plenty of rest, eat healthy and get lots of exercise. Staying fit builds your immune system and can help fight off the virus."

The flu spreads in a few ways. Mainly, the virus is passed through coughs and sneezes which release the virus into the air. It is then inhaled and ingested into the members system. Less frequently it is passed when a person touches an object where the virus has landed and then touched his mouth or nose.

## Flu season 2005 report

While each year poses a potential for increases in flu related deaths this year poses a slightly higher risk of serious and possibly deadly infection. The cause is a virus known as H5N1 or Bird Flu.

This strain of influenza has killed many domesticated poultry and wild fowl in Asia where it was born. World leaders are now launching a pre-emptive strike against this virus but there are still risks that need to be addressed.

Currently the CDC doesn't recommend travel to infected countries where cases of the bird flu have been discovered. They include China, Cambodia, Turkey, Romania and Vietnam among others.

The virus hasn't currently mutated into a strain that can be passed from human to human. The CDC, along with other agencies world-wide, fear the possibility of the virus mutating and becoming a highly contagious virus just as deadly to humans as it has been for birds. So far, the CDC reports half of those infected with the bird flu have died. This leaves the CDC with the daunting task of detecting any U.S. outbreak before it mutates and causes a pandemic. The CDC is urging everyone to get vaccinated and remain vigilant against the spread of germs and the influenza virus.

According to the CDC a member can expect to get sick within a four day period from the time of exposure. The general rule of thumb is about two days according to their research.

The flu itself can be killed by heat ranging from 167 to 212 degrees Fahrenheit. If that's too hot, several germicides, including chlorine, hydrogen peroxide, soap, iodophors and alcohols are effective if used

for a sufficient amount of time. Wipes can be used with alcohol to clean hands.

"If members do get sick, I would recommend they treat their symptoms with over the counter medication," said Sergeant Cisna. "They should get lots of rest at home and should take more precautions at work so they don't infect others with the virus. If it gets worse they should contact their primary care manager."

## Winter bicycle safety

It's winter and the days are getting shorter so please consider the dangers that lurk while bike riding. With the heavy traffic areas, bad roads and poor lighting, if you're not following the rules then you are putting yourself in some serious danger. Here are some items to consider while out and about.

Obey all traffic rules, signs, signals and pavement markings as you would in a vehicle. Riding with the flow of traffic and not against it and staying off of the sidewalks.

When riding with others, stay in single file so cars won't have to make wide turns around you to pass.

Use hand signals to demonstrate your intention to turn. Do not use headphones or wear clothing that would block your vision, you will need to be aware of what is around you.

Make sure your bike is mechanically sound so when

you need to do something like stop, you will stop.

Ensure all your safety equipment is on the bike and working, remember Idaho law requires you to have an operational headlight and rear reflector when operating a vehicle in reduced visibility.

When wearing BDU's make sure you're wearing your reflective belt.

Always wear a helmet, one that is approved by the Snell Memorial Foundation or the American National Standards Institute, it is required by DoD 6055.4 and AF 91-207.

Ensure your helmet is properly fit to you and worn properly, teach your children to use theirs and wear them. A bicycle helmet reduces serious head injury by 85 percent.

It's very easy for drivers to miss seeing a bicyclist, so do what you can to ensure they don't miss seeing you! (Courtesy 366th FW Safety Office)

## Congress Concerned with shipping costs to OIF

DALLAS -- "A typical (military) family can easily spend \$1,500 a year shipping shampoo, baby powder, bedding, phone cards, toothpaste and similar items (to Iraq and Afghanistan)." These are the disturbing findings of New York Congressman Vito Fossella, Jr.

Congressman Fossella, along with more than a 100 Congressional Representatives, has been taking a close look at the cost of military mail. His findings confirm what advocates of deployed troops have long known; mailing care packages to troops overseas is extremely expensive.

To combat prohibitive shipping fees, the Army & Air Force Exchange Service offers two initiatives that make it easy and affordable to support military families and troops.

The first effort is dubbed "Gifts from the Homefront." This program relies on more than 55

exchanges, filled with shampoo, baby powder, bedding and more, in and around Operations Iraqi and Enduring Freedom. An efficient military logistics operation ensures these "PX/BX" operations are stocked with the health and beauty items, movies and comfort foods troops crave.

The second initiative, called "Help Our Troops Call Home," utilizes the Military Exchange Global Prepaid platform to provide phone cards designed for the unique needs of deployed troops.

Anyone who wants to support our troops through "Gifts from the Homefront" or "Help Our Troops Call Home" can log on to [aaes.org](http://aaes.org) to participate. Gifts certificates are also available toll free at 877-770-4438, phone cards can be sent by calling 800-527-2345. Both forms of support can be sent to an individual service member (designated by the purchaser) or distributed to "any service member" through the American Red Cross, Air Force Aid Society, Fisher House or USO.

# Ads

## Roundup

### Football Standings

#### "A" League

Team	Record
CS	9 - 2
LRS	7 - 3
SFS	7 - 5
389th AMU	6 - 5
CES	5 - 5
SVS	5 - 6
OSS	3 - 6
EMS (A)	2 - 6

#### "B" League

Team	Record
CMS	9 - 0
726th ACS	6 - 2
EMS (B)	5 - 5
AMXS	4 - 4
391st AMU	3 - 5
Building 512	1 - 3
MOS	0 - 2
MDG	0 - 10

### Last Week's Games

#### Oct. 24

OSS def. CES, 6 - 0  
SVS def. EMS (A), 9 - 0  
LRS def. CS, 19 - 13

#### Oct. 25

EMS (B) def. 391st AMU, 15 - 0  
CMS def. 726th ACS, 9 - 2  
389th AMU def. SFS, 15 - 12

#### Oct. 26

OSS def. EMS (A), forfeit  
CS def. 389th AMU, 23 - 14  
LRS def. SFS, 19 - 0

#### Oct. 27

EMS (B) def. AMXS, 14 - 12  
CS def. SVS, 20 - 0  
SFS def. CS, 26 - 19

#### Oct. 28

SVS def. OSS, 20 - 0  
LRS def. 389th AMU, 25 - 0

### Upcoming Games

#### Monday

LRS vs. SVS - 5 p.m.  
CES vs. 389th AMU - 6 p.m.  
CMS vs. EMS (B) - 7 p.m.

#### Tuesday

726th ACS vs. AMXS - 5 p.m.  
OSS vs. CS - 6 p.m.  
CMS vs. 391st AMU - 7 p.m.

#### Wednesday

OSS vs. LRS - 5 p.m.  
389th AMU vs. SVS - 6 p.m.  
SFS vs. CES - 7 p.m.

#### Thursday

AMXS vs. CMS - 5 p.m.  
OSS vs. SFS - 6 p.m.  
726th ACS vs. 389th AMU - 7 p.m.

# Army edges Air Force, 27 - 24

*They did what Soldiers do best, take ground and hold it.*

By Wayne Amann  
U.S. Air Force Academy  
Public Affairs

U.S. AIR FORCE ACAD-EMY, Colo. - Thanks to three long scoring marches totaling 210 yards - and chewing up 18:05 off the clock - Army held on for a 27-24 victory over Air Force Nov. 5. There were a season-high 44,782 fans at Falcon Stadium.

The win snapped the Black Knights' 13-game losing streak in Colorado Springs, which dates back to Army's 31-6 win Nov. 5, 1977. The game also halted Army's eight-game losing skid to the Falcons. It was the 40th meeting in this tradition-rich series, which kicked off in New York's

Yankee Stadium in 1959. Despite the loss, Air Force (3-7) holds a 26-13-1 all-time lead over Army.

History was little consolation to the bluesuiters who dropped three of their five home games this season.

"That's the most disappointing thing," Air Force head coach Fisher DeBerry said. "Over the years, we've had a pretty good track record in Falcon Stadium. The last couple years it hasn't been what I thought it should be. It should be our house. We've made it a little too comfortable and welcoming for people."

Air Force out gained Army, 433-360 yards, but were too hospitable, fumbling the ball away twice, and getting penalized at critical times.

Senior Adam Fitch started at quarterback in his final Falcon Stadium appearance. But, after two drives stalled, sophomore Shaun Carney - his left hand wrapped from a seven-stitch cut suffered in the Oct. 29 loss at

Brigham Young - relieved him and the Falcon offense started to click.

Carney capped a seven-play, 60-yard drive with a 1-yard touchdown run to give Air Force a 7-3 lead after one quarter. It was short lived.

Forty-nine seconds into the second quarter, Army running back Carlton Jones sprinted for 22 of his game-high 146 yards to score a touchdown, giving Army a 10-7 advantage.

Less than two minutes later, Carney connected with wide receiver Jason Brown on a 34-yard touchdown strike. Carney was 16 for 21 for 194 yards on the day. He also ran for 104 yards and two touchdowns.

"Shaun ran the game from the field today," DeBerry told reporters. "He did a masterful job of getting the right plays in and reading their defense correctly."

Unfortunately, Army's ball-control offense kept Carney and company off the field for most of

the last three quarters.

A 13-play, 75-yard drive resulted in Justin Koenig's 22-yard field goal, pulling Army to within one point, 14-13, at halftime.

Late in the third quarter, Army marched 60 yards in 14 plays to take a 20-14 lead. The last 16 yards were delivered by running back Scott Wesley, who broke an open-field tackle by Falcon safety Bobby Gianinni, who appeared to stop him.

"I hit him too high," Gianinni said. "He had the first down when I hit him. I just couldn't bring him down. He's a big back."

Wesley scored another rushing touchdown, the eventual game-winner, to cap an 11-play, 75-yard drive in the fourth quarter.

Before the score, Air Force got down to the Army 1-yard line, but was whistled for illegal procedure, holding and a false start on three consecutive plays. The Falcons settled for a 25-yard Scott Eberle field goal.

"That was a huge momentum swing," Army head coach Bobby Ross said. "I was afraid their offense could punch it in from five or six yards out. I wanted to push them back and play another down. We were lucky to come out of it OK."

Air Force had a final shot at a potential tying or winning score, but sophomore halfback Chad Hall fumbled at the Army 43 with 55 seconds left.

The win gives the Black Knights (2-6) a chance to win their first out-right Commander-In-Chief's Trophy since 1996, if they beat Navy Dec. 3. Air Force last won the hardware, symbolic of inter-service football supremacy, in 2002.

Saturday's loss marked the first time since '96 the Falcons dropped both CIC games in one season. Navy edged Air Force 27-24 Oct. 8.

Air Force is idle until its Nov. 19 season finale at the University of New Mexico.

## Wellness center helps one man get fit after 50

By Mike Wallace  
88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio - After Jim Staffan passed the half-century mark, he decided his once-lean physique was in need of help.

He was 51, a smoker, overweight, with a 41-inch waist, 25 percent body fat and elevated cholesterol.

The member of Air Force Materiel Command's Inspector General Office said he knew he needed to make some changes. But, the push for him to start a program occurred when retired Gen. Gregory S. Martin, (then the) AFMC commander, instituted a program to encourage civilian fitness. The command provides the Air Force with war-fighting capabilities and is headquartered here.

"The general wanted civilians to get as fit as our military counterparts," Mr. Staffan said. "Imagine - getting paid to get in shape."

"I started on Feb. 26, 2005. I quit smoking, and I attended a health class at the (health and wellness center)," he said. "There I learned better eating habits. They showed us on a food pyramid what to eat. I also learned what I should weigh."



Photo by Spencer P. Lane

At 51, Jim Staffan said, he was an overweight smoker, but he changed his life after becoming part of the Air Force civilian fitness program. He quit smoking and attended a health class at the health and wellness center. Since February 2005, he's lost 47 pounds and five inches off his waist.

One of the requirements of the civilian fitness program was to get a doctor's permission. In addition, Mr. Staffan had an angiogram where doctors X-rayed his blood vessels. It showed evidence of a blockage.

Mr. Staffan said he first began an exercise program on his own, but "needed guidance" to do it properly.

A Michigan high school athlete, he said he had stayed fairly active doing household

chores, camping, hiking, scuba-diving and fishing, but over the years, he had accumulated several unwanted pounds.

"I got hold of Reggie (O'Hara, a HAWC exercise physiologist), and he developed an exercise routine for me," he said.

The first kind of exercise he did was cardiovascular. He took walks, did some exercise machine work and slowly worked up to entering some base five-kilometer runs.

## Week 11 NFL picks

For Sunday games, place an "X" or check the winning team. **DO NOT** cross out the loser. The Monday game also serves as a tie-breaker, so guess the final score, the closest to the final score will win the tie-breaker. Not filling out the information completely will result in disqualification.

Fax entries to 828-4205 or deliver them to Gunfighter Public Affairs in Building 512 by noon Friday, Nov. 18. One entry per person. Winners will be posted in the Gunfighter the following week.

Family members and retirees should place that information next to the word "Unit."

Full name: \_\_\_\_\_ Unit: \_\_\_\_\_  
Work or home phone: \_\_\_\_\_

### Sunday, Nov. 20

- \_\_\_ Arizona at **St. Louis** (11 a.m.)
- \_\_\_ Carolina at **Chicago** (11 a.m.)
- \_\_\_ Detroit at **Dallas** (11 a.m.)
- \_\_\_ Jacksonville at **Tennessee** (11 a.m.)
- \_\_\_ Miami at **Cleveland** (11 a.m.)
- \_\_\_ New Orleans at **New England** (11 a.m.)
- \_\_\_ Oakland at **Washington** (11 a.m.)
- \_\_\_ Philadelphia at **N.Y. Giants** (11 a.m.)
- \_\_\_ Pittsburgh at **Baltimore** (11 a.m.)
- \_\_\_ Tampa Bay at **Atlanta** (11 a.m.)
- \_\_\_ Seattle at **San Francisco** (2:05 p.m.)
- \_\_\_ Buffalo at **San Diego** (2:15 p.m.)
- \_\_\_ Indianapolis at **Cincinnati** (2:15 p.m.)
- \_\_\_ N.Y. Jets at **Denver** (2:15 p.m.)
- \_\_\_ Kansas City at **Houston** (6:30 p.m.)

### Monday, Nov. 21

\_\_\_ Minnesota (score \_\_\_) at **Green Bay** (score \_\_\_) (7 p.m.)

**\*\* Bold teams are Sergeant Sideline's picks \*\***

## Tindell tames week nine picks

By Sergeant Sideline  
Gunfighter Public Affairs

As week nine drew to a close, it became apparent that there is one person submitting their football picks that has a distinct advantage over other players, no not myself, but Erin Tindell.

Tindell took the honors last week correctly "guessing" 12 games correct. I should have known something was up after returning from my adventure down in Texas. When I got back and began to settle into my desk I noticed paperwork all over my desk, but this was no ordinary paperwork, it was spreadsheets and fact sheets from the NFL dating back to 1971.

Then, as people began showing up to the office Monday morning, I noticed something different. Granted it wasn't noticeable at the time, but you know about hindsight. She came walking through the door with two cell phones to her head carrying on a conversation to both people on the other end of the phone.

As I was working away at my desk, I remember she was on the computer an awful lot checking

stats and still carrying on the conversations throughout the day.

"What did T.O. do this time?" I heard earlier in the afternoon one day. "O.K., so he is getting suspended." Then she scribbled out her original pick of Philadelphia over Washington and chose the Redskins.

She started talking on the other phone, "O.K., so Daunte is going to be out for the season, and Johnson is starting for your guys? I thought he was still in Tampa Bay? So how have his reps with the first team offense been going? Great, thank you."

Then she took Minnesota over Detroit. And on-and-on she went throughout the week, game by game, she was talking to someone asking how the team was practicing, how the quarterbacks felt and most importantly trying to get an injury report. I think at one point during the week, I think I answered a phone call for her from Morton Anderson at the ESPN studios.

"Hey, nobody said I couldn't use my resources," Tindell said.

As week 10 comes around this weekend, don't forget to make your picks and as always good luck.



**Auto Skills Center**

**Contract mechanic and paint and body tech** — Work is done on appointment only basis. To make an appointment, call 828-2295.

**Bowling Center**

**Thunder Alley** — Saturdays from 7 to 11 p.m.; \$10 for adults and \$5 for children.

**Family special** — Bowl for \$1 a game Sunday.

**Thunder Alley** — Saturdays from 7 to 11 p.m., \$10 for adults and \$5 for children.

**New Bowling Center/Snack Bar Hours** — Monday through Thursday: 6:30 a.m. to 9:30 p.m.; Friday: 6 a.m. to midnight; Saturday: 8:30 a.m. to midnight; Sunday: 2 to 8 p.m.

\*Snack Bar closes 30 minutes earlier.

**Community Center**

**Skate Park** — Now open.

**Instructors needed** — The community center is looking for experienced instructors for crafts, dance, music, cooking, interior decorating, self defense, sewing, quilting, cake decorating and stamping.

**Chess Club** — Thursdays from 7 to 8 p.m.

**Salsa lessons** — Mondays and Wednesdays from 6 to 7 p.m.

For more information, call 828-2246.

**Youth Programs**

**Youth Employment Skills** — Learn job skills and explore career opportunities. Volunteer and earn scholarship credits, 250 volunteer hour's equal a \$1,000 scholarship.

**Registration cheerleading** — Monday through Nov. 30 from 9 a.m. to 5:30 p.m. Cost is \$26. Register after Nov. 18 and receive a \$5 registration discount.

**Winter Showcase Fashion Show** — Thursday at 6 p.m. A free event for all ages.

For more information, call 828-2501.

**Outdoor Adventure Program**

**Free open paintball** — Saturday from 9 a.m. to 3 p.m. at Area 366. Only pay for paint and air. For ages 12 and older.

For more information, call 828-6333.

**Outdoor Recreation Supply**

**Boat shrink wrapping** — Now available for \$4 per foot.

**Video Rentals** — Video rentals available for sportsman's needs. Weekend rentals are \$1, day rates are \$0.75, and additional days are \$0.50.

**Sportsman Camp Trailer rental** — Scamp trailers are reserved on the first working day of the month and may be reserved for the following month. Prices range from \$60 per weekend, \$45 over night, and \$15 for each additional day.

For more information, call 828-2237.

**Silver Sage Golf Course**

**Flashback Mondays** — Feature discounted green fees, except holidays. E-1 through E-4 are \$5, E-5 and up are \$9. Guests are \$18, and 17and younger are \$7 all day.

**End of Season Sale** — Marked down prices on

entire inventory. Prepaid cards for 10 or 20 rounds of golf are also available.

**Snack Bar** — Closed for the winter.

For more information, call 828-6559.

**Library**

**Multi-Media Center** — Features color copier, scanner, and photo printing.

**Story Time** — Wednesdays at 1 p.m. for supervised children; ages 3 - 5.

**Pony Espresso Café** — Open Monday through Thursday from 6 a.m. to 7:30 p.m. and Friday through Saturday from 6 a.m. to 5:30 p.m.

For more information, call 828-2326.

**Gunfighters Club**

**Native American Lunch Buffet** — Tuesday from 11 a.m. to 1 p.m. \$5.65 for non-members, members receive \$1 discount.

**Cook your own steak or chicken** — Every Thursday from 5:30 - 8:30 p.m. Cook your own steak or chicken for \$3.95.

For more information, call 828-2105.

**Pizza Etc.**

**November special** — Soup in a bread bowl and 24-ounce soda for \$5.50.

**Soup of the Day** — Monday - Chicken gumbo. Tuesday - Chicken and dumplings. Wednesday - Creamy potato with bacon. Thursday - Cream of broccoli. Friday - Clam chowder.

**Hours** — Mondays through Fridays 10 a.m. to 9 p.m. Closed Saturdays, Sundays, holidays and goal days.

**Trail Winds Café (military only)**

*Weekly specials*

**Today** — Closed.

**Monday** — Breakfast: Breakfast burrito. Lunch: pizza or egg salad sandwich and curly fries.

**Tuesday** — Breakfast: Breakfast taco. Lunch: Taco salad and cheese sticks.

**Wednesday** — Breakfast: Breakfast burrito. Philly steak and cheese and curly fries.

**Thursday** — Breakfast: Breakfast taco. Lunch: Tuna melt sandwich and cheese sticks.

**Trap and skeet**

**Meat Shoots** — Nov. 19 and Dec. 3 and 17, shoot with your own skill level and win meat prizes. Winter hours now in effect. Winter hours: Wednesdays through Fridays: 11 a.m. to 5 p.m.; Saturdays: noon to 5 p.m.; closed Mondays, Tuesdays and Sundays.

For more information, call 828-6093.

**Fitness Center**

**Turkey Trot** — 1.5 mile fun run, Wednesday at 4 p.m.

**Closed** — Today through Nov. 13, due to remodeling.

For more information, call 828-2381.

## Chapel

**Catholic**

**Sunday Mass** — 8 a.m.

**CCD Sunday** — 9:30 to 10:45 a.m. for three-year-olds to adults; located in the Religious Education

## Viper Visits



Photo by Senior Airman Sergio Aguirre

**Viper assists Tech. Sgts. Joseph Howe, Scott Pigg, Staff Sgts. Dustin Wood, Robert Herman, Senior Airmen Steve Panyan, Clarence Hill and Airman 1st Class Erin Schiedow in working on a Self Generating Nitrogen Servicing Cart, a unit used for servicing aircraft tires and struts as well as munitions build up in the 366th Equipment Maintenance Squadron's Eagle Team. The section currently maintains 145 pieces of equipment and was the second section within the flight to obtain the outstanding 100 percent in-commission rate.**

Building

**Daily Mass** — Wednesdays at 11:30 a.m.

828-4188 or stop by the Education Services Center.

**Protestant**

**Sunday School** — 9:30 to 10:30 a.m. for six months to adults; located in the Religious Education Building.

**Traditional Service** — Sunday at 11:00 a.m. Also provided at this time is Children's Church for 4-year-olds to second grade and Wee Joy for six months to five years.

**Gospel Jubilee Service** — Sunday at 1:15 p.m.

**Protestant Extras** — PWOC (Protestant Women of the Chapel) meets Wednesday from 9:30 to 11:30 a.m. at the Religious Education Building

For more information, call 828-6417.

## Wellness

**Dad's Class**

A class for dads by dads. Learn to deal with joys and fears of becoming a new father. Class will be held at the Chapel Annex Monday from 8:30 a.m. to 2:30 p.m. To register, call 828-2458.

**Siblings**

Children can learn to understand and deal with the unique relationship of being a sibling and what to expect when the baby arrives, for ages 2 and up. The class will be held Wednesday at Family Advocacy from 10 to 11:30 a.m. To register, call 828-7143 or 828-7566.

**Bundles for Babies**

Becoming a parent is a life-changing event. Ease anxieties, gain confidence and skills while learning basic infant care, parenting skills, coping strategies for lifestyle changes and financial planning while making the transition to parenthood. Upon completion of the class, receive a free "bundle" from the Air Force Aid Society and Gerber Company. Class will be held at the Family Support Center Nov. 18 from 1 to 3:30 p.m. to register, call 828-2458.

**Internet Job Search**

Learn to develop an Internet job search strategy to harness the explosion of career resources at your disposal. Explore careers of interest, find current field/industry information, conduct company research, network and more. Class will be held at the Family Support Center Nov. 21 from 1 to 3 p.m. to register, call 828-2458.

**Anger management**

Unmanaged anger destroys relationships, families and individual health. Learn to understand and control your responses to anger. Must attend four consecutive weeks to receive a certificate. The class is held Wednesdays at Family Advocacy from 3 to 4 p.m. To register, call 828-7520.

## Education News

**The University Of Oklahoma**

Today is the last day for University of Oklahoma students to enroll in the last class of the fall semester. State and Local Finance Systems is scheduled Dec. 4 - 10. Spring enrollments are also open. The first class, Administrative Law, is scheduled Jan. 22 - 28. The last day to enroll is Dec. 23.

For more information, call the OU site manager at

828-4188 or stop by the Education Services Center.

**Boise State University**

Registration for Spring Block 1 semester begins Oct. 24. Classes start Jan. 2. Applications are due by Dec. 1.

For more information, call 828-6746, come to the office or visit [www.boisestate.edu](http://www.boisestate.edu).

**DeCA/Fisher House scholarships**

These educational scholarships are for children of military families and retirees. The goal is to provide at least one \$1,500 scholarship for each of DeCA's 268 commissaries worldwide. Application forms for the will become available in November for pick-up at the commissary or downloaded at [www.commissaries.com](http://www.commissaries.com).

**Online Tuition Assistance**

All TA requests must be initiated through the Air Force Virtual Education Center via the Air Force Portal at <https://www.my.af.mil>.

**Embry-Riddle Aeronautical University**

Registration for the spring term will begin Dec. 5 for Embry-Riddle Aeronautical University. The spring term will be from Jan. 9 to March 5. For more information, call 828-4190 or 832-2222 or stop by the office.

## Housing News

**Compost pick-up**

The pick up of compost in the housing areas has been extended from Nov. 15 to Dec. 15.

**Warning lights in vacant units**

Lanterns with red and yellow lights are being placed in vacant unit windows for the winter months. These lanterns are equipped with thermostats, which will turn the warning light on when the temperature in the house goes below 55 degrees.

If you see a red or yellow light on in a vacant unit, notify Housing Maintenance immediately at 832-4643. This will help prevent the possibility of the pipes freezing and damaging the unit. If you moved into a unit that had a warning light it should be returned to housing maintenance.

Thank you for your assistance.

**Exterior Christmas lighting**

During the Christmas season, exterior lighted decorations are encouraged and enjoyed by all. Please keep in mind some safety thoughts when creating your personal expression of Christmas observance:

- Use only UL approved electrical decorations.
- Do not mount lights, ornaments, etc., to window frames, doors, roofs or eaves with nails and screws. These items can be a hazard to personal safety or cause damage to the facility.
- Decorations may be up before the Thanksgiving Holiday, but may not be turned on until the day after Thanksgiving.
- If decorating exterior spruce and pine trees, ensure that extension cords are in good repair and arranged to avoid a tripping hazard.
- To conserve energy, exterior lighting should not be turned on prior to 5 p.m. and should be turned off when retiring for the evening.
- All exterior decorations must be removed by Jan. 15.

## THE BIG SCREEN



**Today** — *Tim Burton's Corpse Bride* — PG-7 p.m. — starring Johnny Depp and Helena Bonham-Carter. Set in a 19th century European village, this stop-motion, animated feature follows the story of Victor, a young man who

is whisked away to the underworld and wed to a mysterious Corpse Bride, while his real bride, Victoria, waits bereft in the land of the living. Although life in the Land of the Dead proves to be a lot more colorful than his strict Victorian upbringing, Victor learns that there is nothing in this world, or the next, that can keep him away from his one true love. 1 hr 16 mins.

**Saturday and Sunday** — *Serenity* — PG-13 - 7 p.m. — starring Nathan Fillion and Alan Tudyk. Capt. Malcolm Reynolds, a hardened veteran on



the losing side of a galactic civil war, now ekes out a living pulling off small crimes and transport-for-hire aboard his ship, Serenity. He leads a small, eclectic crew who are the closest thing he has left to family — squabbling, insubordinate and undyingly loyal. When Mal takes on two new passengers — a young doctor and his unstable, telepathic sister — he gets much more than he bargained for. 1 hr. 59 mins.

**Monday** — *An Unfinished Life* — PG-13 - 7 p.m. — starring Robert Redford and Morgan Freeman. Still in shock from his son's death a decade ago, Einar has let his ranch fall into ruin along with his marriage. Now, Einar spends his days caring only for his hired handyman and last trusted friend, Mitch, who was gravely injured in an encounter with a grizzly bear. Einar intends to live out his days in this heartbroken solitude... until the very person he blames for his son's accident comes to town: his daughter-in-law Jean. 1 hr. 48 mins.



Tuesday, Wednesday and Thursday — Theater Closed